

завдань упровадження ветеранами бойових дій ідей військово-патріотичного виховання та вже отриманого успішного досвіду бойових дій до практичної підготовки громадян і населення місцевих громад. У деяких регіонах України вони вже створені і показали свою ефективність. Тут широке поле для діяльності місцевих активістів і керівників громад.

Цільовою аудиторією таких центрів є чоловіки призовного та непризовного віку і жінки місцевих громад. Загальновійськова спрямованість занять на одиночну підготовку протягом трьох місяців методом одного навчального дня на тиждень забезпечується залученням сучасної матеріально-технічної бази та відповідного навчального озброєння, електронних тренажерів стрілецького озброєння, засобів зв'язку і тактичних програмно-технічних комплексів на електронних носіях.

Унаслідок такої підготовки громадяни отримують розуміння форм і способів підготовки і ефективного виконання бойових завдань, способів виживання у складних умовах бойової діяльності, а місцева громада отримує навчених людей до дій в екстремальних ситуаціях.

Подальшим етапом діяльності таких центрів може бути проведення групової підготовки шляхом проведення місцевих і міжрегіональних навчань, змагань між групами територіальних громад за єдиними умовами (програмами змагань) тощо. Змістом таких змагань може бути тактичне орієнтування з елементами виконання вправ і нормативів зі стрілецької зброї, радіотренуванням, змаганнями на спостережність тощо.

Як висновок можливо зазначити, що час вимагає діяти і тільки спільними зусиллями народа і влади ми спроможні вистояти і перемогти.

#### Список використаних джерел:

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### **PSYCHOLOGY OF CAPTIVITY: FROM THEORY TO THE PRACTICE OF TRAINING**

In the conditions of conducting intensive combat operations, one of the main problems is to increase the chances of survival of personnel, and therefore to reduce losses. At the same time, quite often, mistakenly, it is believed that the key in this is to improve the quality of personal protective equipment, or the same medicine.

However, no less important, and often even more significant, is the moral and psychological component of losses, since it is a demoralized, «broken» serviceman (and not only a serviceman, but any member of the security and defense forces) who is a threat not only for himself, and for those around him, weakening both the capabilities of the unit and, in fact, creating further problems and burdens for various social and economic systems already in civilian life. At the same time, this set of problems is very difficult not only to settle and solve, but even to diagnose as such. And a much more difficult problem is those persons who were captured.

Considering the above, it is certainly more expedient to prevent such problems and work with personnel even before (or already during) direct participation in hostilities/peacekeeping operations/police missions/man-made disasters.

And the leaders in this are the NATO countries, in particular the USA and Great Britain. The starting point for works in this direction was the Second World War.

So, at the beginning of the war, namely in December 1939, the first training courses for the pilots of the escape organization from German captivity were opened in the structure of the British military intelligence MI-9. Soon, their program was extended to the survival of downed pilots in the wild and open sea.

Since the spring of 1943, on the basis of the British experience, similar courses have been created in the BPC (Air Force) of the USA, but only a small number of American pilots undergo this training.

The situation changes as a result of the war. So, according to statistics collected and analyzed in the USA, only 5 % of all downed American pilots who landed unharmed and uninjured on uninhabited territories, the sea, or who managed to remain unnoticed by the enemy survived. The other 95 % died due to simple inability to swim or lack of survival skills in the wild. This became the signal for purposefully creating a program for pilot survival training. In the 1950s, such survival courses were organized in all branches of the US military, primarily for the training of special forces and military intelligence, as the most expensive specialists.

After the wars in Korea and Vietnam, in the USA, the facts of military captivity, as well as the lack of any preparation for this, which led to both death and further mental disorders (yes, one of the most famous prisoners was future senator John McCain, who was a pilot during the Vietnam War). Therefore, sections of psychological training for being in captivity and organizing an escape from it were added to the SERE program, and the general complex of training actually became complete – from survival, and therefore avoiding captivity, to being in it and escaping. Thus, servicemen received the necessary knowledge to form psychological confidence in their own abilities, and therefore to eliminate the main stress factor – the unknown.

As for the fullness of SERE, since 1984 in the USA it has been divided into three basic blocks, which are passed sequentially (which is mandatory):

1. The minimum basic level of skills of a private. Both new recruits (recruits) and candidates for officer positions (cadets) pass it as part of the mandatory «young

fighter course». The training is organized and takes place in the relevant training camps for new recruits. In terms of time, preparation takes 2-4 months, which is the initial general training.

2. The main part. This most saturated and longest unit is designed for flight personnel of all types and branches of the military, special forces and military intelligence fighters, as well as NASA astronauts. In it, survival in various natural and climatic conditions is practiced, and training is already conducted in specialized camps «trained» for a specific climatic zone (located in the states of Alabama, Alaska, Virginia, Texas, California, Colorado, in Canada and on the Japanese island of Okinawa). For the crews of BMF (Navy) ships, only training on survival in the open sea is conducted. There is also a separate course on survival and evacuation in urban conditions.

3. The third special unit is for individual military professions: special forces and special services employees. First of all, we are talking about those who work abroad, undercover, or in «hot spots». Staying in captivity, behavior during interrogations, resistance to physical and psychological pressure, organization of escape from captivity are practiced.

As we have already noted, all these blocks are interconnected and complement each other, forming a complete system of preparation for survival and, as a result, not being captured, or passing it with possible minimal moral and psychological losses. Considering our topic and relevance for today, let's open these blocks a little. Thus, the first and basic blocks are aimed, respectively, at basic and elementary skills such as: movement and marches, equipment of stops and shelters, personal hygiene in the field, provision of first aid, elements of camouflage, etc. The second already reveals in more detail both the first basic skills and complements them: a set necessary for survival, decision-making in conditions of limited information, development of plans, adaptation to heat/cold, eating atypical food, orientation in the terrain, orientation and prediction of weather changes, contacts with the local population and its characteristics (attitude), obtaining water/fire/food, maintaining body temperature, rafting in rivers and sea currents, rescue signals, flora and fauna (safe and dangerous), shelters and their creation, movement in different types of terrain and relief, as well as psychological aspects of survival – adaptation and overcoming pain, hunger, thirst, fatigue, lack of sleep, feelings of loneliness and doom, maintaining a positive mood and will to live.

Well, in more detail, it is worth stopping at the last block. It was introduced in the early 1990s and is aimed exclusively at building skills in captivity. It provides for either voluntary and optional passing, or mandatory for certain specialties and services, which we have noted separately. The topic discussed in the block is telling:

- Psychological aspects of being in captivity, the will to resist and self-confidence; resistance to physical and psychological pressure; overcoming individual and group stress factors; mutual assistance in a group of prisoners;
- Period of adaptation to the environment; analysis of the environment, places of detention and security systems, collection of information about them;

- Development of an escape plan in the main and backup options;
- Preparation for escape from captivity – individual and group;
- Developed methods of camouflage and masking, including from aerial surveillance;
- Concealment of preparations and the fact of escape;
- Standard methods of operation of search groups, avoidance of persecution, resistance to search dogs.

The very process of conducting the course is based on a theoretical component, as well as directly practical classes, which are as close as possible to reality, sometimes bordering on cruelty. Thus, instructors can change into the uniform of the enemy, present themselves as terrorists, use both psychological pressure and physical elements (more as a complement to the psychological), thereby increasing the level of stress resistance, and therefore the level of possible survival.

Concluding what has been said, we would like to note that in the conditions of our war, the possibilities and needs of using such a program are much wider than in the USA, which is due to the scale and activity in all respects. Therefore, it is advisable not to be limited to certain types of troops, but to focus on the training of junior and middle-level commanders, who, in turn, will be able to provide basic knowledge to subordinates. These include:

1. What is the captivity of the Russian Federation;
2. How not to get captured using the environment, any buildings, fields, etc. Peculiarities in communication with the local population depending on the place of stay. The ability to survive with minimal resources. That is, all the means to NOT get captured;
3. To clearly prove, based on the experience of our captives, what exactly can lead to a significant complication of a person's fate after being captured (what you should NOT have with you, specifics of tattoos, information hygiene, cleaning of communication devices);
4. Possibilities and features of logistics based on the experience of prisoners;
5. Legendaries are possible, and how exactly one should behave during initial interrogations, what the consequences may be in certain cases and what works better, and what absolutely should not be said or done;
6. Prove the importance of observing the details of places of stay, details of the opponent's clothing, accents, equipment and equipment, etc.;
7. The importance of remembering all the people with whom one was close, pseudonym, full name, etc.

Summarizing, we can note that such an approach can not only help to survive, but also to return more suitable for a successful further civilian people, since they are the most important resource of any country.